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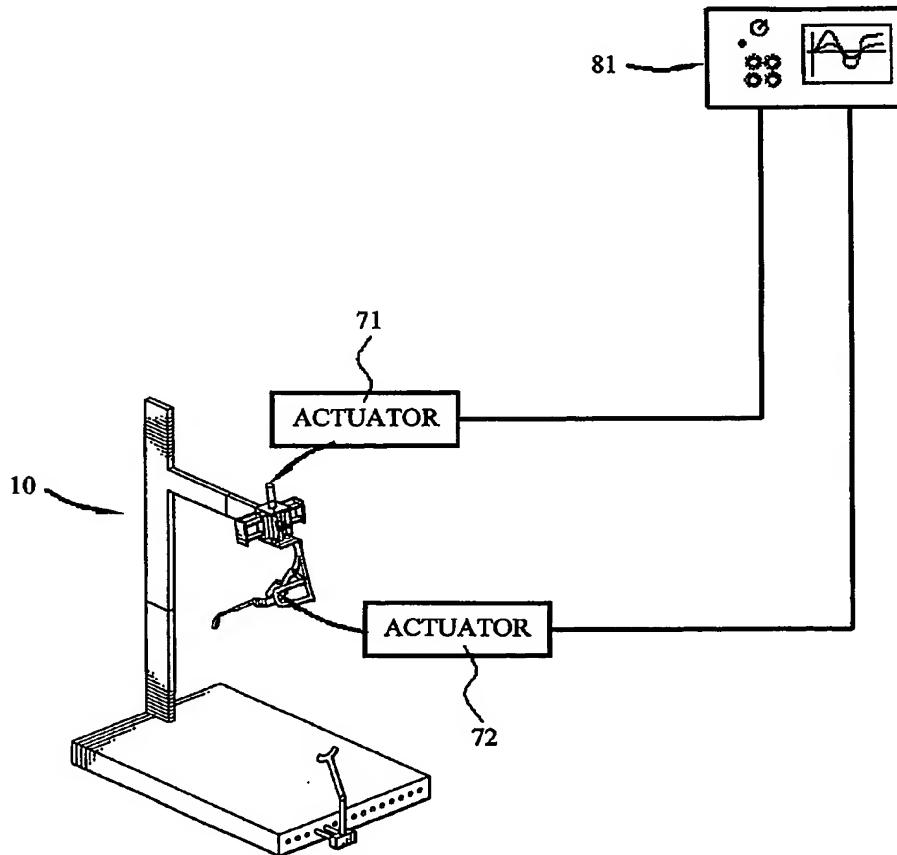
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(54) Title: TRAINING DEVICE FOR GOLF SWING AND SIMILAR MOTIONS



(57) Abstract: A training device (10) is disclosed for use in guiding and coordinating a user's body position when executing a golf swing like motion. The training device has a first actuator (71) for monitoring the movement of the upper torso of the user during the motion, and for applying a resistance force to the upper torso to guide the user in moving the upper torso in a desired manner. The training device also has a second actuator (72) for monitoring the movement of the wrists and arms, and for applying a resistance force to the wrists to guide the user in moving the wrists and arms in a desired manner. A control unit (81) is connected to the first and second actuators for recording the movement monitored by the actuators and for operating the actuators to apply the resistance forces.



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